



CANS CORNER

Eve Altizer & Rebecca Hollister
Child and Family Division
Supervisors

Hello Caregivers! As we come down from the sugar high of Halloween and start getting prepared for the holiday season, it's important to take care of yourself! Let's be real - as caregivers we take care of everyone - it's what we do! We don't ask for help because we don't want to be too needy, or feel like others will believe that we can't do it all! Self-care, however, is crucial for all of us to be at our best in order to successfully care for others. As a part of the CANS assessment, there is a section regarding caregivers. Social workers are asked to have a conversation with you about how you are doing in relation to meeting not only your needs, but the child(ren) you are caring for. You may be asked questions such as "Do you feel comfortable with what you know about your child's needs?", "How do you feel about being involved in services for your child?", and "Do you feel comfortable speaking up on behalf of your child?" We ask these questions not only to assess how things are going between you and the child, but also to listen to how you are doing and determine if there are any other supports that you may need as a caregiver. Using the CANS as a tool for communication helps to identify your needs and organizes information about the child. This communication builds more effective services for you, the child and family! This fall we are grateful for communication and change. "Just like the seasons, people have the ability to change."

2015 Holiday Stroll in Waukesha

The Holiday Stroll will be held on Sunday, November 22nd from Noon - 4:00 p.m. throughout downtown Waukesha

Stroll the downtown area and enjoy the shops' decorations before the Christmas Parade. The Shops downtown roll out the Red Carpet treatment with store specials and open houses.

Get into the Holiday Spirit as carolers stroll and music fills the streets in downtown, along with the costume characters.

Get free photos with Santa from Noon - 3:00 p.m. at Fruits of the Spirit Candles located at 349 W. Broadway St.

Author Mania at Martha Merrell's Books with Local authors on hand to sell personalized copies of their books as Christmas Presents. Last year, we had over 25 authors.

Reserve your seats for the Christmas Parade.

2015 Waukesha Christmas Parade

The 53rd annual Waukesha Christmas Parade will be held on Sunday, November 22, 2015 at 4:00 p.m. Parade entries this year are asked to incorporate the theme, "The Isle of Misfit Toys," into their floats or costumes.

Kids, bring your letters to Santa and give them to the mail carriers at the start of the Parade or to Santa's Elves at the end. Be sure to include your name and address to receive a return note from Santa.

Come early and enjoy the downtown festivities of the Holiday Stroll from Noon - 4:00 p.m.

The parade begins at approximately East and Main Streets and heads southwest down Main to West, then east on Wisconsin to the ending at Wisconsin and Maple.

FAMILY HIGHLIGHT

The Winkler Family

Waukesha County is extremely fortunate to have incredibly dedicated foster parents. This month's highlight is on Ed & Bette Winkler who have maintained their devotion to children as foster parents for the past 11 years. Over the years, they have fostered approximately 23 children, including those who have lived in their home and others for whom they provide respite care. They have cared for children of various ages, but now focus primarily on teens. Bette says they are energized by seeing how teens mature and change.

Children have always been an essential part of Ed and Bette's lives, having raised their own six kids. While growing up, Bette helped care for her two younger siblings. She has been an educator for the past 30 years and teaches classes at WCTC in Early Childhood, Allied Health and High School Completion. When all but their 16-year-old son had left home, they felt the house seemed empty. This prompted them to embark on a new journey of becoming foster parents. Ed was more hesitant at first but his enthusiasm for his new role increased after he attended Foundation Training. Their first placement with two brothers posed challenges for their son and for the family. However, they worked through this and ultimately feel that the fostering experience helped their son grow by learning the realities of children who have faced difficult life circumstances.

In addition to the rewards of watching children in their care grow and develop, Bette also derives deep satisfaction from witnessing the personal achievements of biological parents resulting in being reunited with their children. Through her strength in Shared Parenting, Bette has encouraged and supported many parents, including a mother who obtained her GED with her guidance.

Ed and Bette have shown flexibility and expertise in accepting a variety of children, including those who are struggling with behavioral issues. Even when caring for her elderly mother, Bette always gave serious consideration to placement requests. Her desire to learn as much as possible about issues related to foster care is evident in the many times she took the extra effort to attend trainings, even when she had to bring her wheelchair-bound mother along with her.

Ed and Bette have noted that they are greatly inspired by the wonderful foster parents they have had the pleasure of meeting throughout the years. I share this sentiment and view Ed and Bette as a tremendous source of personal inspiration for their ongoing devotion and passion for doing this difficult and meaningful work.

Random Acts of Kindness

Kevin Tolzman, social worker in the Adolescent and Family Unit, is working with a family in which the guardians are caring for a teen named Roy. They have instilled the value of sharing with those less fortunate through encouraging Roy to donate the clothes he no longer wears to other children who are in foster care. The Foster Care Clothing Closet is always in need of clothing for teens, and Roy has donated many items, including a winter coat! We thank Roy and his family for their generosity in reaching out to others.



What the Media Doesn't Tell You About Foster Parents Like Me

Perhaps you read in the news recently about the foster parent who abused their foster child. You might have even read in the news about the infant who died in foster care, under the supervision of the little child's foster parents.

Tragic and heart-wrenching!

It should come as no surprise that our media is focusing on these stories. Of course they are. The media likes to shine the light on those stories that garner attention; those stories that disturb; those stories that readers are interested in. You know, those stories that are often focused on the horrible and the shocking. You might think that all foster parents are bad people. You might think that all foster parents are in it for the money. You might think that all foster parents don't care about the children in their homes.

I am not that kind of foster parent.

When a child from foster care comes into my family, and into my home, they become a part of my family, they become an important part of my home. In my house, there is no difference between one of my biological, adoptive and foster children. In truth, there are no labels. They are indeed all my children. Each child is loved with as much love and compassion as I can possibly give. I am like that mamma bear who fights for her cubs. I fight for my foster children with all that I have. It doesn't always make me popular with the case workers. It doesn't always make me popular with the birth parents, or the court systems. Yet, that is no matter. These are my children, and I will fight with all I have to protect them and keep them safe. I will do all I can to make sure they are safe, they have all they need, and that they are loved.

For a foster child who may have been abused, beaten, or neglected, this type of love is most important. Without this type of love, a foster child will not form necessary and healthy attachment with others, resulting in a number of attachment disorders. Emotional difficulties such as a lack of self worth, trust, and the need to be in control often result in the lack of unconditional and healthy parental love. As anyone who has worked with foster children will tell you, most foster children face an enormous amount of emotional issues, many times stemming from the lack of healthy love.

To be sure, the vast majority of foster parents I meet are the same way. As I travel across the United States, working with foster parents, I hear stories that are similar to my own. We care for these children because we DO care. Is it easy? Many times, it is not. Do we see signs of reward? Often times, we do not. Do others place false assumptions and judgments upon us foster parents? Daily -- from friends, family members and strangers. I have found that the general society does not really understand or appreciate what foster care is about. They do not realize what foster children go through each day, nor for that matter what foster parents go through, either. Even my own friends and family members do not fully understand what my wife and I experience each day as a foster parent, or really why we do it.

I even have family members who question why my wife and I continue to take children who are in need into our hearts and home, after all these years, and after all the sleepless nights and stress-filled days.

Yet, these children need someone to protect them and shield them from harm. These children need someone to care for them, and provide stability. These children need someone to love them. These children need me. I am that foster parent. I will answer that call, and I am not alone in this.

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<http://drjohndegarmofostercare.weebly.com>

Clothing Closet Corner



The Foster Care Clothing Closet is a resource established to help meet the clothing needs of children placed in foster care and is available to all resource families. If you have a child placed in your home, please contact your social worker to make arrangements to visit the clothing closet.

We have had a steady stream of donations coming in particularly for younger children and are running out of room. We are currently looking for donations of clothing for older children/teens. If you have a donation you would like to make for this population, please contact Susan Peck at 262-896-8574.

7 Tips For Self Care

An important part of fostering is taking care of yourself, so we put together this article especially for you!

- **Take a bubble bath.**
After the kids are in bed, spend 15 minutes soaking in a warm bubble bath.
- **Go For A Walk**
Whether you take a walk over your lunch hour at work or sneak one in between your appointments, nature is good for the soul.
- **Read A Book**
Take a break from reality and lose yourself in a good book.
- **Practice a hobby**
Whether it is knitting, sewing, drawing or painting...do something fun & creative for you!
- **Gardening**
You are never too old to play in the dirt
- **Aromatherapy**
Pick up some uplifting scents from your local health food store.
- **Laugh**
Rent a funny movie and laugh out loud.

Thank you for everything that you do and remember to take some time for you!



Training and Events



Training Offered By Waukesha County

Parent Café

Parent Café's are an educational opportunity for parents to come together and deal with the stressors, worries and challenges of parenting in a supportive environment.

December 1, 2015

5:30 PM to 8:00 PM

Center for Excellence

N4W22000 Bluemound Road, Waukesha

To register for childcare, RSVP or for questions call, 262-521-0317.

Relative Caregivers Support/Education Group

November 17, 2015

6:00 PM to 7:00 PM

Parents Place

1570 E. Moreland Blvd., Waukesha, WI

Free childcare available. Please call Parents Place to reserve your spot at 262-549-5575.

Waukesha County Relative Resource Families
Please RSVP to Janis (262-548-7267) or Libby (262-548-7277)

Foster Parent Support Group

First Wednesday of each month

November 4, 2015

6:00 PM to 7:30 PM

Parents Place

1570 E. Moreland Blvd., Waukesha, WI

262-549-5575

On-sight daycare is available, but you must register in advance to secure a slot as there may be a cut-off depending on the number of children.

Support Group For Dads

This is a new group to enhance group members' experience as fathers. Topics of discussion will include coping with stress; developing a better relationship with partner/spouse/child's mother; identifying positive role models in your life; identifying how you are a positive role model for your child(ren); discussing your role as a father and what you would like to change or improve.

Fourth Tuesday of each month

November 24, 2015

6:00PM - 7:30PM

Parents Place

1570 E. Moreland Blvd., Waukesha, WI

262-549-5575

Waukesha County Foster Parent Orientation

Waukesha Department of Health and Human Services invites you to attend a foster parent orientation meeting. These meetings are open to anyone who is interested in learning about our foster care program. **If you are currently in the process of becoming a licensed foster parent, you are required to attend an orientation session prior to approval of your foster care license.**

We encourage you to complete the online foster parent pre-placement training prior to attending this information session. The training can be found online at <http://wcwpds.wisc.edu/foster-parent-training/>. Please save the certificates after you have completed each module. These are required to become licensed.

When:

November 10, 2015; and December 8, 2015

All orientation sessions occur from 6:00 - 8:00 PM

Where: Human Services Center, 514 Riverview Ave., Waukesha, WI 53188

To register for an orientation session, contact your foster care coordinator.

Training

Parents Place Programs

262-549-5575 www.ppacinc.org

- **Love and Logic®**
Mondays, November 2 - 23; 5:30 - 7:30 PM
- **Strengthening Families (Parent and Child Class)**
Tuesdays, November 3 - 24; 5:30 - 7:00 PM
- **Having Fun With Your Kids in the Kitchen (Parent and Child Class)**
Thursday, November 5; 5:30 - 7:00 PM
- **Adult Anger**
Mondays, November 9 - 23; 5:30 - 7:00 PM
- **Creating a Culture of Respect**
Thursdays, November 12 & 19 and December 3 & 10; 5:30 - 7:00 PM
- **Kids Managing Anger (Parent and Child Class)**
Mondays, November 30 - December 21; 5:30 - 7:00 PM

Coalition for Children

www.coalitionforccyf.org

For other training opportunities, see the Coalition for Children, Youth & Families website: www.coalitionforccyf.org. They offer interactive webinars that count toward the required face to face training hours.

Contact Numbers:

Waukesha County Health & Human Services
262-548-7212

Eve Altizer, Supervisor
262-548-7272

Rebecca Hollister, Supervisor
262-548-7271

Vickie Smith, Supervisor
262-970-4761

Janis Ramos, Foster Care Coord.
262-548-7267

Susan Peck, Foster Care Coord.
262-896-8574

Libby Sinclair, Relative Licensing
262-548-7277

Social Workers:

Tracy Clark 262-548-7270

Megan Fishler 262-896-8570

Laura Jahnke 262-548-7359

Jamie Kasten 262-548-7265

Becca Kuester 262-896-6857

Jessica Larsen 262-548-7346

Melissa Lipovsek 262-548-7348

Maria Maurer 262-548-7345

Chelsey Nisbet 262-896-6896

Rachel O'Sullivan 262-548-7639

Stacy Pawlak 262-548-7262

Eugenio Quantro-Plaga 262-548-7684

Michael Reed 262-548-7347

Elizabeth Russo 262-548-7349

Kim Sampson 262-548-7273

Linda Senger 262-548-7698

Kinship Workers:

Linda Finn 262-548-7254

Jessica Morris 262-548-7256

Children's Mental Health Outreach
262-548-7666

Medical Emergency: 911

Family Emergency: 211

Foster Parent Mentor

Jen Mersfelder 262-542-2926

David Mersfelder 262-542-2926

September 2015 Placements

Waukesha County Licensed Homes

Relative/Kinship/Level 1 Placements:
48 Children

Level 2 Placements:
36 Children

Waukesha County Children in Out of Home Placement

Juvenile Corrections:

1 Child

Residential Care Facilities:

11 Children

Relative/Kinship Level 1

Foster Homes:

55 Children

Level 2 Foster Homes:

80 Children

Group Homes:

0 Children

Shelter Care

0 Children

Treatment Foster

Homes:

1 Child

Inpatient Hospital:

1 Child

Total Children in OHC:

100 Children

If an Allegation of Abuse or Neglect has been made against you, please call:

FASPP

Norma Schoenberg
920-922-9627